

Application No. 09/923,469  
Amendment dated February 24, 2005  
Reply to Office Action of November 24, 2004  
Attorney Docket No. 01-9343

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

Claims 1 - 18 (previously cancelled)

Claim 19 (previously amended) The abdominal exercise machine of claim 39, wherein  
2 the pivot joint providing a combination of a pivot motion along the axis of said  
semi-rigid member and a rotational pivoting motion.

Claims 20-22 (previously cancelled)

Claim 23 (previously amended) The abdominal exercise machine of claim 37, further  
2 comprising:

4 a coupling means comprising a ball joint having a ball joint assembly, a ball  
joint cover, and an opening;

6 said elongate flexible member coupled to said ball joint via said opening of said  
ball joint assembly; and

8 said ball joint allowing for a side to side as well as a front to back motion of  
said elongate flexible member.

Application No. 09/923,469  
Amendment dated February 24, 2005  
Reply to Office Action of November 24, 2004  
Attorney Docket No. 01-9343

Claim 24 (previously amended) The abdominal exercise machine of claim 23, wherein  
2 said at least one upper grasping portion are substantially parallel to said upper  
thigh engagement member.

Claim 25-26 (previously cancelled)

Claim 27-30 (cancelled)

Claims 31-32 (previously cancelled)

Claim 33 (currently amended) An abdominal exercise machine for exercising  
2 abdominal muscles, comprising:

means for grasping an upper portion of the abdominal exercise machine wherein  
4 said grasping means have ends extending in generally opposite directions;

means for engaging a top of an user's thighs wherein said engaging means have  
6 ends extending in generally opposite directions; and

8 semi-rigid means for flexibly resisting compression, said semi-rigid means  
coupling said grasping means and said thigh engaging means, said semi-rigid means  
spanning abdominal muscles for exercise thereof;

10 whereby abdominal muscles are exercised when said semi-rigid means  
undergoes compression when said is brought towards said lower body portion and

12 feedback is provided during a predetermined abdominal exercise.

Claim 34-36 (previously cancelled).

2 Claim 37 (currently amended) An abdominal exercise machine for exercising  
abdominal muscles, comprising:

4 at least one upper grasping portion positionable in front of a user and configured  
so as to be held by at least one of a user's hands and further so shaped and configured  
in size to be engaged by a user's chest;

6 ~~an~~ a flat elongated flexible member flexible along some portion of its length and  
positionable in front of a user and connected to said upper grasping portion at a first  
end;

8 an upper thigh engagement member of a shape, size and configuration so as to  
10 comfortably rest on a user's upper thighs in a standing, sitting or lying position and  
attached to a second end of ~~an~~ the elongated flexible member;

12 wherein the user can position the machine in front during use and be held  
between a user's upper thigh portions and chest area so as to provide resistance during  
14 a stomach crunch motion and yet still provide visual cuing during use so as to view the  
degree of flexing of the elongated flexible member during use.

Application No. 09/923,469  
Amendment dated February 24, 2005  
Reply to Office Action of November 24, 2004  
Attorney Docket No. 01-9343

Claim 38 (previously added) The abdominal exercise machine of claim 37 further  
comprising two upper grasping members, wherein  
the upper grasping members are spaced apart approximately 0° to approximately  
180°.

Claim 39 (currently amended) The abdominal exercise machine of claim 37 wherein  
the coupling means is upper thigh enhancement member is attached to the second end of  
the elongated flexible member by a pivoting joint.

Claim 40 (currently amended) The abdominal exercise machine of claim 37 wherein  
the coupling means is an attachment body extending from the lower member, wherein  
upper thigh engagement member further comprises:  
the attachment body includes an opening sized to receive the second end of the  
substantially planar and elongate elongated flexible member.

Claim 41 (previously added) The abdominal exercise machine of claim 37 wherein  
the at least one upper grasping member are rotatable handgrips.